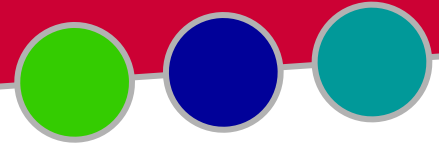


Cultivating Health And Nutrition through Gardening Education (CHANGE)



Our Audience

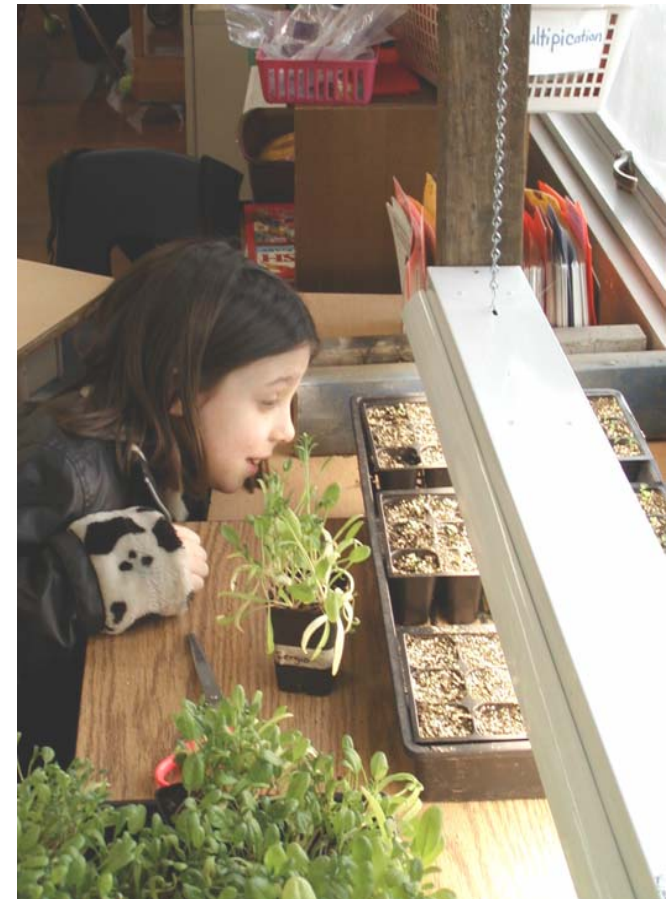
Elementary schools

(where 50% of the students receive free/reduced lunch):

- Food \$ense taught in 70 classrooms in 2003/2004; 1,800 students

Schools:

- **2003/2004:** Cascade View, White Center Heights, Salmon Creek, Hilltop, Southern Heights, Mount View
- **2004/2005:** Tukwila, Cedarhurst, Hazel Valley + all existing schools





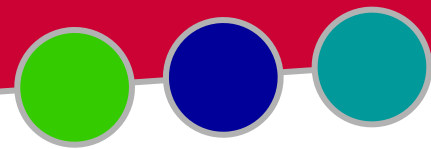
Garden-Enhanced Nutrition Curriculum

Curriculum Includes:

- Nutrition and Gardening Integration
- Math emphasis with cooking and gardening
- Inquiry based science and nutrition activities

Developed Garden-Enhanced Nutrition Curriculum

- Aligned to the EALRS -- emphasis on literacy, math, and science
- Experiential -- using cooking, gardening and songs
- Conduct monthly curriculum training for Food \$ense Educators and for teachers.



Sample Lesson Activities



Soil: Source of Food



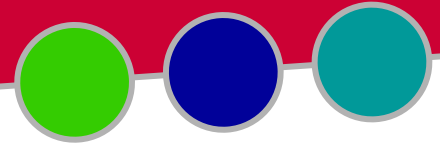
Building a Food Guide Pyramid



**Harvesting and preparing
salad**



Plant Needs Skit



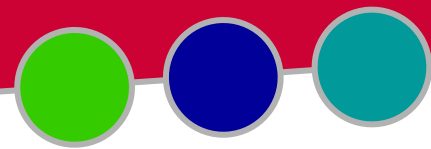
Logistics

- Food \$ense educators teach 11 Garden-Enhanced lessons weekly and will bring bring all the materials, e.g., grow lamps for the classrooms, container gardens, cooking ingredients, etc.
- Each teacher needs to teach 30 hours of nutrition education in 1 year (15 hours accounted for by Food \$ense class)
- Intermediate classes are taught in the Fall and Primary classes in the Winter and Spring
- Food \$ense educator will teach 3-4 classrooms in 1 day
- Each school with have a Food \$ense coordinator



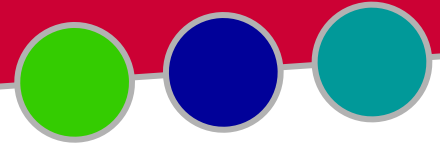
Harvest of the Season

- Cook Farm Fresh Foods in your classroom 4 times a year. Food \$ense will provide all the cooking materials and local produce for the recipes.
- All participating classrooms will receive:
 - *Harvest of the season teacher guide* with math and reading activities on each featured fruit or vegetable of the season.
 - Students receive recipes and nutrition information to take home to their families
 - Use of games, books and videos related to gardening, cooking and nutrition.
 - *Seeds and Garden space will be available with 2 of the four kits.



Harvest of the Season Teacher Responsibilities

- **PREPARE** - Read teacher guide and student brochures prior to your F\$ cooking class (approximately ½ hour to prepare)
- **COOK** - Use cooking to teach nutrition and set an example of healthy eating habits for students (approximately 1 hour for cooking lesson).
- **EXPLORE** - Have fun exploring food and nutrition with your students, using the activities provided. (approximately 1 hour of additional activities)
- Complete a time log with each CHANGE Box used in your classroom and return to the Box or your Food \$ense school coordinator. A minimum of 3 hours is required for each Harvest of the Season CHANGE box.



Food \$ense Opportunities

- 11 garden-enhanced nutrition classes
- Harvest of the Season- Cooking farm fresh foods in the classroom
- Family Nights: Cooking and Gardening activities for families related to reading, math and science
- In Service Training: Integration of nutrition into existing math, reading, and science curriculum
- Garden-Enhanced nutrition training for teachers (professional development)



Impacts

- Integration of reading, writing, math, and science with nutrition education
- Students willingness to taste vegetables
- Increased knowledge in nutrition
- Develop cooking and food preparation skills
- Build school community around growing, harvesting, cooking, and eating vegetables and fruits
- Students report preparing Food \$ense recipes with their families

